

DAILY BIOBASICS™ LIGHT

Premium Nutritional Powerhouse[◇]



What will Daily BioBasics Light do for me? Daily BioBasics Light is an amazingly comprehensive multiple-vitamin-mineral product formulated in a convenient, concentrated form that you just scoop into your favorite beverage and drink once a day. It contains 50% of the Daily Value (DV) for Vitamin D, 31% for Calcium, 29% for Magnesium, 87% for Manganese, over 200% of each of the B Vitamins, and 100% or more of the Daily Values (DV) for the remaining essential vitamins and minerals, intentionally excluding iron, phosphorous, potassium and sodium. (Supplemental iron is excluded because most people don't need it and it can stimulate free radical production, while phosphorous, potassium and sodium are minerals that are prevalent even in diets of poor quality.)

Daily BioBasics Light (DBB Light) also contains phytonutrient concentrates from 35 fruits and vegetables, 17 herbs, numerous antioxidants, plus prebiotics and probiotics as well as 27% of the recommended USDA Daily Value (DV) of fiber so important to routine cleansing and healthy bowel function.[◇] All this nutrition in a convenient, single serving makes Daily BioBasics Light a popular way to get this valued nutritional insurance.

Are You Getting All of the Nutrients You Need?

According to data compiled by the United States Department of Agriculture (USDA) regarding the American diet for the mid 1990s, average consumption is heavily weighted toward added fats and sugars, while falling short of serving recommendations for fruits and vegetables. According to National Eating Trends, the preferred American meal is an already prepared, one-dish entree and only 41% of all dinners served in America include a vegetable, other than salad or potatoes.

Fruits and vegetables are critical sources of vitamins, minerals, fiber,

and phytonutrients. Unfortunately, improved efficiency in growing, harvesting, and storing fruit and vegetables has also had impact on their nutritional content. The United States Department of Agriculture (USDA) published data between 1963 and 2000, which shows that the content of calcium and carotene in broccoli has decreased nearly 50%. The amount of carotenes in collard greens has fallen 42%, potassium has dropped nearly 60%, and magnesium is only 16% of its 1963 level. Vitamin C in peppers has dropped from 128 mg to 89 mg, beta-carotene in apples from 90 to 53 mg, calcium in pineapple has dropped from 17 mg (per 100 grams raw fruit) to 7 mg.

Cauliflower has lost nearly half of its amount of vitamins B1, B2 and C over the past 37 years. Many important nutrients, such as selenium, chromium, zinc, folic acid, indole-3-carbinol and flavonoids, were not measured in the past. Some of these are still not measured, so their status is still unknown.

Busy lifestyles and depreciation of vital nutrients in our agriculture continue to make it difficult to meet the Daily Values for nutrition as suggested by the USDA. The DV's were set as the minimum daily requirement of vitamins and minerals necessary to maintain one's health, not necessarily to ensure optimum health.

High Quality Fiber

Daily BioBasics Light is a uniquely comprehensive nutritional supplement, with 7.5 grams of fiber from maltodextrin soluble fiber, citrus pectin, guar gum and flaxseed, along with other superior cleansing agents like Lactobacillus and beet root.

Adding just one level scoop of Daily BioBasics Light to a favorite beverage provides an amazing amount of nutrition, plus supports daily colon cleansing and bulk at the same time.◊

One serving of DBB Light supplies 333% of the DV for vitamin C, 208% of the DV for Folate, 1000% of the DV for biotin and at least 200% for all the rest of the B vitamin family, 550% for vitamin E, and 31% of the DV for calcium, and 29% of the DV for magnesium.

In addition to the minerals and vitamins for which a DV has been established, Daily BioBasics Light also supplies trace and ultra trace minerals, such as silicon, along with other vitamin factors such as inositol, choline, and para-amino-benzoic acid (PABA).

Contains a Wide Variety of Antioxidants

Beyond the well-known antioxidant vitamins (A, C and E), DBB Light provides an entire range of other important antioxidants such as alpha lipoic acid, lutein, lycopene, and glutathione. This is then reinforced using flavonoids with potent antioxidant activity such as hesperidin, quercetin, rutin, citrus bioflavonoids, and herbs known

for outstanding antioxidant potency, including: Rosemary, Bilberry, Turmeric and Green tea leaf extract. The antioxidant activity of these herbal concentrates is primarily due to their rich content of polyphenols and flavonoids. Since antioxidants function as a network in scavenging many different types of free radicals, it is important to consider that the greater the spectrum of antioxidants taken in the diet, the more effective they can be in protecting sensitive cell membranes from free radical attack.

Sea vegetables, including kelp *Ascophyllum nodosum* Le Jol.), and dulse leaf, harvested from pristine waters, provide an unparalleled source of essential trace nutrients. DBB Light also supplies super food concentrates, known for their unique nutritional value, including the microalgae known as spirulina and chlorella.

And So Much More!

A blend of freeze-dried vegetable concentrates includes five members of the cruciferous (Brassica) family; broccoli, cabbage, Brussels sprouts, kale, and cauliflower. These vegetable concentrates are rich sources of indoles, isothiocyanates, and sulforaphane, which have been shown to particularly promote health, despite exposure to harsh environmental chemicals. Spinach and parsley are good sources of glutathione and chlorophyll; parsley is rich in polyacetylenes and in the flavonoid apigenin, a powerful antioxidant. Watercress releases phenethyl isothiocyanate that, as shown in animal studies, helps

maintain lung health despite exposure to harsh environmental chemicals, and contains other compounds that assist the natural cleansing processes of the liver.◊ Carrots, beet root, green pepper, and green peas are rich sources of betaine, necessary for critical methylation reactions in the body, as well as carotenoids, and natural vitamins and minerals.◊

The final category of ingredients in this marvelous recipe for health are the herbs: alfalfa, rose hips, acerola, chamomile flower, lemon grass leaf, Ginkgo biloba and Eleuthero (*Eleutherococcus*). Used for centuries for their health-sustaining properties, these plants are a treasure chest of flavonoids, antioxidants, isoflavones, phytochemicals, vitamins, and minerals.

Umbrella of Protection

Although no supplement can provide you with all of the benefits of a diet rich in whole fruits and vegetables, Lifeplus® has gone to great lengths to formulate one of the most complete multi-nutrient supplements available on the market today. Truly, Daily BioBasics Light provides a far broader umbrella of nutritional support to assist your body in coping with the environmental and lifestyle stresses of modern life than the vast majority of multiple vitamin, mineral and antioxidant formulas on the market today. You and your family can have one of the best health insurance policies by including Daily BioBasics Light in your daily diet. Try some today and see for yourself.

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Supplement Facts

Serving size one 20 cc scoop (12.6 g)

Servings per container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	42	Chromium	180 mcg 514%	Cauliflower Floret	12.5 mg **
Total Carbohydrate	10.5 g 4%*	Molybdenum	125 mcg 278%	Chamomile Flower	5 mg **
Dietary Fiber	7.5 g 27%*	Maltodextrin Soluble Fiber	5.5 g **	Chlorella Single Cellular Algae	2.5 mg **
Soluble Fiber	5.5 g **	Citrus Pectin Cellulose Complex	3.5 g **	Dulse Leaf	10 mg **
Insoluble Fiber	2.0 g **	Guar Gum Seed Endosperm	277 mg **	Ginkgo Leaf Extract	10 mg **
Vitamin A	800 mcg RAE 89%	Flax Seed (De-Oiled)	277 mg **	Eleuthero (<i>Eleutherococcus senticosus</i> (Rupr. et Maxim.) Maxim.) Root Extract	10 mg **
94% (750 mcg) as Preformed,		Silicon	0.25 mg **	Fennel Seed	50 mg **
6% (50 mcg) as Beta-Carotene		Inositol	7.5 mg **	Green Pea Seed	10 mg **
Vitamin C	300 mg 333%	Lecithin (Soy)	12.5 mg **	Green Pepper Fruit	7.5 mg **
Vitamin D	10 mcg 50%	Lemon Bioflavonoids	12.5 mg **	Green Tea Leaf	8.8 mg **
Vitamin E	82.5 mg α-TE 550%	PABA	10 mg **	Kale Leaf	5 mg **
Vitamin K	80 mcg 67%	Alpha Lipoic Acid	5 mg **	Lemon Grass Leaf	5 mg **
Thiamin (Vitamin B-1)	3 mg 250%	Hesperidin	8 mg **	Kelp (<i>Ascophyllum nodosum</i> Le Jol.) Whole Plant	10 mg **
Riboflavin (Vitamin B-2)	3.5 mg 269%	Quercetin Dihydrate	10 mg **	Parsley Leaf	8.8 mg **
Niacin	40 mg 250%	Rutin	10 mg **	Dog Rose (Rose Hips) Fruit	10 mg **
Vitamin B-6	4 mg 235%	Lutein Extract	2 mg **	Rosemary Leaf	6.3 mg **
Folate (400 mcg Folic Acid)	833 mcg DFE 208%	Lycopene Extract	1.4 mg **	Spinach Leaf	2.5 mg **
Vitamin B-12	12 mcg 500%	L-Glutathione	2 mg **	Spirulina Phytoplankton	2.5 mg **
Biotin	300 mcg 1000%	Soy Isoflavones Extract	12.5 mg **	Microalgae	
Pantothenic Acid	20 mg 400%	Acerola Fruit Extract	10 mg **	Curcuminoids (from Turmeric Root Extract)	4.8 mg **
Choline	2.4 mg 0.4%	Alfalfa Leaf	48 mg **	Watercress Leaf	6.3 mg **
Calcium	400 mg 31%	Astragalus Rhizome Extract	16 mg **	ProBioTx™ Stabilized Probiotic Blend	100 mg **
Iodine	150 mcg 100%	Beet Root Powder	11.5 mg **		
Magnesium	120 mg 29%	Bilberry Leaf	20 mg **		
Zinc	6 mg 55%	Broccoli Flower Head	18.8 mg **		
Selenium	130 mcg 236%	Brussels Sprout Head	5 mg **		
Copper	2 mg 222%	Cabbage Leaf	6.3 mg **		
Manganese	2 mg 87%	Carrot Root	45 mg **		

*Percent Daily Values are based on a 2,000 calorie diet
** Daily Value not established.

INGREDIENTS: Maltodextrin Soluble Fiber, Citrus Pectin Cellulose Complex, Calcium Carbonate, Vitamin C (Ascorbic Acid), Flaxseed (De-Oiled), Guar Gum Seed Endosperm, Natural Orange Flavor, Potassium Bitartrate, Magnesium Oxide, Calcium Citrate, Calcium Lactate, ProBioTx™ Stabilized Probiotic Blend (each serving provides one billion (1,000,000,000) beneficial micro-flora including *Lactobacillus acidophilus* DDS-1, *Bifidobacterium bifidum*, and *L. salivarius*), Vitamin E (D-Alpha-Tocopheryl Acid Succinate (from Soy)), Magnesium Carbonate, Fennel Seed, Alfalfa Leaf, Carrot Root, Niacin (Niacinamide), Magnesium Citrate, D-Calcium Pantothenate, Bilberry Leaf, Manganese Gluconate, Broccoli Flower Head, Zinc Sulfate, Astragalus Rhizome Extract, Copper Gluconate, Lemon Bioflavonoids Whole Fruit, Lecithin (Soy), Cauliflower Floret, Soy Isoflavones Extract, Beet Root, Acerola Fruit Extract, Dulse Leaf, Ginkgo Biloba Leaf Extract, Kelp (*Ascophyllum nodosum* Le Jol.) Whole Plant, PABA, Quercetin Dihydrate, Dog Rose (Rose Hips; *Rosa canina* L.) Fruit), Rutin, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root Extract, Green Pea Seed, Hesperidin Complex, Green Tea Leaf, Parsley Leaf, Inositol, Green Pepper Fruit, Rosemary Leaf, Cabbage Leaf, Watercress Leaf, Alpha Lipoic Acid, Chamomile Flower, Choline Bitartrate, Turmeric Root Extract, Brussels Sprout Head, Kale Leaf, Lemon Grass Leaf, Vitamin B-6 (Pyridoxal-5-Phosphate), Riboflavin (Vitamin B-2), Thiamin Mononitrate (Vitamin B-1), Spinach Leaf, Chlorella (*Chlorella pyrenoidosa* Chick) Single Cellular Algae, Spirulina (*Spirulina maxima* Geitler) Phytoplankton Microalgae, L-Glutathione, Lutein Extract, Chromium Picolinate, Lycopene Extract, Vitamin A (Beta-Carotene), Silica, Vitamin A Acetate, Folic Acid, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Blueberry, Carrots, Broccoli, Spinach, Cauliflower, Kale, Asparagus, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Watercress, Zucchini, Lima Beans, Maitake Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Sodium Molybdate, D-Biotin, Sodium Selenite, Potassium Iodide, Vitamin K-1 (Phytomenadione), Vitamin B-12 (Cyanocobalamin), and Vitamin D-3 (Cholecalciferol).

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Keep out of the reach of young children.

CAUTION: Contains 750 mcg RAE of preformed Vitamin A. Women trying to conceive or those pregnant should not consume more than 3,000 mcg RAE of preformed Vitamin A per day from both supplements and the diet together.

Allergy Information: This product contains soy-based vitamin E, lecithin and isoflavones, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

DIRECTIONS: Once daily, add one level 20 cc scoop (12.6 grams) to 8-12 ounces (240-360 ml) of your favorite cold liquid. Mix or shake vigorously. Drink immediately. Drink an additional 8-12 oz (240-360 ml) of liquid within the next hour for best results.

⚠️These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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